



American Red Cross Babysitting Course

Learn how to properly care for children, including accident prevention, feeding/dressing children and CPR/first aid. Bring a sack lunch. Fee: \$43.

KBB1-1A 11-16yrs Sa 1/18 9am-3pm KRC

Karate

Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35. New student orientation at 5:30pm on first day of class. This is an on-going program with room for belt rank advancement (there are belt-testing fees). Fee: \$35.

In order to promote spirit and camaraderie Lim Kenpo Karate frequently throws social events outside of the regular training schedule. Attending these events is optional to the students.

KKAR2-1A	12yrs+ T/Th	1/2-1/30	6-7:30pm	KRC
KKAR2-2A	12yrs+ T/Th	2/4-2/27	6-7:30pm	KRC
KKAR2-3A	12yrs+ T/Th	3/4-3/27	6-7:30pm	KRC

**Class size
limited,
Register NOW!**

Power Talk, Cons and Strangers

Learn the 10 most common language manipulations used by cons and dangerous strangers to gain familiarity, trust and control over us and what you can do to protect yourself. Fee: \$20.

KPOW-1A 15yrs+ W 2/19 7-9pm KRC

**Advance
Registration
Required!**

Power Talk, Acquaintances and Dating

Recognize the language and behavior games used by dangerous acquaintances and in early dating relationships and what to do about it. Learn about the "progressive" game used by these predators to gain familiarity, trust and control over us. Fee: \$20.

KPOW-2A 15yrs+ W 2/26 7-9pm KRC

Pilates/Mat Science with Desiree Lewis

Gain strength, flexibility and vibrant health as you practice mindful movements that are derived from yoga, dance and sports rehab conditioning. All fitness levels welcome. Fee: \$55. *Bring mat or beach towel.

KPLT-1A 16yrs+ T 1/14-3/4 9-10am KRC

